

The Shyne School Menu

October 6th - October 17th

Vegetarian options always available

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Yogurt & Cereal Water	Bread & Sunbutter Water	Apples & Cheese Water	Raisins & Cheese It's Water	Treat Day! Milk
LUNCH 12:00PM	Chicken Nuggets Fresh Seasonal Fruit Fresh Seasonal Veggies Milk	Cheesy Chicken Pasta Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chili & Chips Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Ham & Cheese sliders Fresh Seasonal Veggie Fresh Seasonal Fruit Milk	Chicken Fried Rice Fresh Seasonal Veggies Fresh Seasonal Fruit
PM SNACK 2:30PM	Fruit & Harvest Crisps Water	Veggies & Gold Fish Water	Fruit & Crackers Water	Apple Sauce & Grahams Water	Veggies & Crunchmasters Water
	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK 9:30PM	Blueberries & Yogurt Water	Apples & Crackers water	Fruit & Cheese Water	Apple Sauce & Grahams Water	Treat Day! Milk
LUNCH 12:00PM	Potstickers Seasonal Veggie Fresh Seasonal Fruit Milk	Pasta Carbonara Seasonal Fruit Seasonal Vegetable Milk	Chicken Stew Seasonal Fruit Seasonal Veggie Milk	Cracker Stackers Seasonal Veggie Fresh Seasonal Fruit Milk	Sloppy Joe's Seasonal Fruit Seasonal Veggie Milk
PM SNACK 2:30PM	Chips & Veggies Water	Fruit & Wheat Thins Water	Veggies & Pirate Booty water	Pretzels & Raisins Water	Fruit & Crackers Water

Breakfast and snacks include two of the four food groups. Breakfast is served at 7:30. Lunch consists of all four food groups (grain, protein, fruit/vegetable, and dairy).

Menus are rotated on a six week basis. Each week contains a vegetarian meal.(Please let the office know if your child requires a vegetarian or other special diet substitution) We work hard to limit lunches to no more than one processed food item for lunch per week. Most meal items are made from scratch with whole grains and fresh fruits and vegetables. The Shyne School does not serve tree nuts.

